

Front Porch

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STAPLETON



Doctors Discuss Generic Versus Brand Name Drugs

Quebec Square Wal-Mart pharmacy manager Dustin Holthus holds some of the most commonly used generic drugs on their \$4 list, and their brand name equivalents.

By Austin Larson

Starting in 2006, a number of pharmacies began to publicize lists of generic drugs offered for a set price: four dollars. The lists, easily accessible to consumers at pharmacy websites, ushered in new possibilities for patients to help control their health care expenditures. In the Stapleton area, Wal-Mart, Sam's Club, Target, King Soopers and Walgreens are now offering a significant number of generic drugs for as low as \$4/month or \$10 for three months. Patients, regardless of whether or not they have insurance, can manage many chronic health conditions for as little as \$40 a year per generic drug.

In the era of direct-to-consumer television advertising of brand-name drugs, patients may have questions about when generic drugs are a good substitute for more expensive brand-names. The \$4 generic drug lists may raise the question of whether patients can ask doctors to prescribe from those lists.

Doctors like to become comfortable with the dosing regimens and side effects of certain drugs and prescribe them consistently. However, no doctor wants to put a patient in financial hardship if an alternative exists. Patients should tell their doctors if the cost of their drugs is a consideration, but also be receptive to a doctor's reasoning if a more expensive drug is necessary. No doctor would fault a patient for asking if there is a cheaper drug that could accomplish the same objective. In the cases of patients with diabetes, heart failure, high cholesterol, hypertension, *(continued on page 26)*



Town Center Lights Up

The holiday lighting season began at 6:30pm Nov. 21st in the Stapleton Town Center at the Winter Welcome celebration, with music, hot chocolate, and an art show.

'Tis the Season for Giving

By Carol Roberts

A quick web search for "giving and happiness" substantiates what many of us already believe – giving makes people happier. There's even a study that started in 1920 with psychologists tracking the same participants every 10 years to determine what makes for a happy life. The conclusion? People who give to others and feel they make a difference are happier. Of course we can "prove" whatever we want to with the proper web search. But it does seem that many people are looking for ways to make a difference in their community, especially at this time of year.

Most of us have a limited amount of time and money, and we want to give to a cause that has meaning to us. Based on those assumptions we have collected some information that we think will make it easier for our readers to *(continued on page 3)*



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Vitalistic Chiropractors Help People to Self-Heal

By Nancy Burkhart

Jeff Schoeller and Allie Evans call themselves “vitalistic” chiropractors, explaining that the terminology reflects a philosophy.

“Some people just live life,” Schoeller explained. “Some people live full out. They really live life to the fullest. ‘Vitalistic’ is living to the fullest.”

Schoeller and Evans practice at their new office, “Café of Life Chiropractic, located at 7487 E. 29th Place, next to Core Power Yoga in Stapleton.

Café of Life Chiropractic is not a franchise, but “it is a group of like-minded chiropractors that practice in a very philosophical way,” Schoeller said.

“They focus on practicing in a way that uplifts, encourages and really promotes the people they serve versus treating patients with diseases,” he said. “Café of Life is a model of true chiropractic, which started in 1895 with the intention of unlocking people’s potential.”

“We all say that we serve life at the Café,” says Allie Evans. “Our hope is that when people walk in they will see that it’s different from other chiropractic offices. We’d like them to be inspired and hopeful and walk out more hopeful than when they walk in.”

Café of Life greets visitors with the welcoming smell of hypo-allergenic, organic, soy-based candles. Music ranges from the tranquil sort to hip jazz and more techno-type. Those with allergies will be ushered into a separate room without smells.

“If you experience allergies, there’s some sort of disconnect between the brain and



Jeff Schoeller and Allie Evans in the new office of their chiropractic practice in Stapleton’s Town Center.

body, causing allergies,” Evans said. “We’re working with the natural healing ability, but ultimately we want to educate people on how chiropractic can help their body to deal with allergens. We’re not physically changing their physiology. We’re allowing the body to do the work by removing nerve system interference.”

Evans and Schoeller say that they treat people with pain and disease, but add that chiropractic is not just for back pain. They also treat infants, because “the birth experience can be a very traumatic one,” Schoeller said.

“I think that most people are living in the illusion that they don’t have the ability to heal themselves,” he said. “They think that they have to get their healing from a pill or a doctor, that they have to heal from the outside in. You heal from your brain down through your body and from cells out. People were born with this innate intelligence that can heal, as long as there’s no interference to the nerve system and other systems of their body. We encourage people to change their lives to have no interference.”

“We feel like, ultimately, as a human

being, we’re not just physical beings, but we’re intellectual and emotional human beings,” Evans said. “As a chiropractor all those things are tied into who we are. That’s why people feel a reduced feeling of stress by being adjusted. Maybe their relationships with their families improve because we’re not stressing the physical. We want people to understand that by coming to see us they will have harmony in their life.”

“We want people to walk out empowered,” Schoeller said. “It’s important that we empower the people we serve to make lifestyle changes. We’re there to encourage you. We’re basically a health coach.”

Café of Life Chiropractic will offer speakers on health and wellness and instructors for birthing classes.

Evans and Schoeller are partners in life as well as in business. They also are Stapleton residents, living close to their office. They moved to Denver about five months ago, after finishing chiropractic school in Atlanta. Stapleton was the first place they visited in Denver, and they immediately fell in love.

They believe that a balanced life is important, so they play hard, as well as working hard. They love going to the hot springs and taking advantage of the Denver outdoors and the mountains. Evans is a runner, and Schoeller is a guitarist.

To make “reservations” at Café of Life Chiropractic, call 303-9THRIVE, or go to www.livelovethrive.com. People are welcome to check out the office at 7487 E. 29th Place.

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